

Weight

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- A healthy weight for you is approximately _____ .
- Being overweight can lead to high blood pressure, diabetes, and other serious health problems.
- The best way to control your weight is to limit fat and calories in your diet.
- Eat a variety of foods, especially vegetables, fruits, dry beans such as red beans, whole grains such as corn and barley, and whole-grain breads and cereals.
- Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
- Get at least 30 minutes of exercise most days of the week.
- Keep extra weight off.